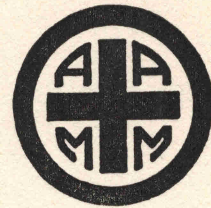


Washington Massage

NEWS



Wash. Chapter, American Association Masseurs & Masseuses

Ruth Williams R. M.
Editor

May 1957

Kennewick,
Washington

BOARD MEETING APRIL 7, 1957

The pre-convention meeting of the executive board of the A.A.M.M. for the state of Washington was held in Wenatchee Wash on April 7, 1957. All members, with the exception of Pearl Hoppe, Vice president, were present. A Full schedule of subjects were on the agenda for consideration.

"The following is a quote from John Murray's letter;
"From the discussions and the results of same, it would seem that the executive board, and Majority of membership, are not in favor of the proposed refresher or P.G. course, and details that would follow it. Several reasons were expresses. Most of them along the same line of thought that I gave you in last letter, such as lack of adequate time to accomplish anything worth while, the subject to be taught, the qualifications of the instructor, Little regard was held for a certificate that could be had in such a short time, and the cost of printing such certificated."

Due to this action of the board, the refresher course with certificate as such, will be canceled. However, the entire instruction program will go on as scheduled, with only the certificate deleted. Perhaps after the board has seen our plans at work and understand them more fully they will see fit to carry out the idea more fully another year. If not, no harm will have been done anyway. Its just food for thought, and few of us are so smart that we cannot learn more. This need was so forceably brought to my attention by the panel that was held at the Milwaukee convention regarding anatomy.

\$\$\$\$ 10.00 \$\$\$\$

The registration fee is \$10.00 for all members and guests, with the exception of students enrolled in a school of Massage. They will be charged \$2.50 registration fee, plus any of the group meals that they care to take with us. Students, Please have your I.D. from your school with you when you go to geegister.

All delegates will have a chance to register Thursday from 5 P.M. to 7 P.M. and Friday from 8 A.M. to 9 A.M. in the lobby of the Black Angus Motel. After that it will be in the Social Club.

ROOM RATES

BLACK ANGUS MOTEL

SINGLE \$7.00

DOUBLE TWIN \$10.00

DOUBLE \$9.00

2 DOUBLE BED ROOM \$14.00

1 DOUBLE 1TWIN BED ROOM \$12.00

ALL UNITS ARE WITH BATH

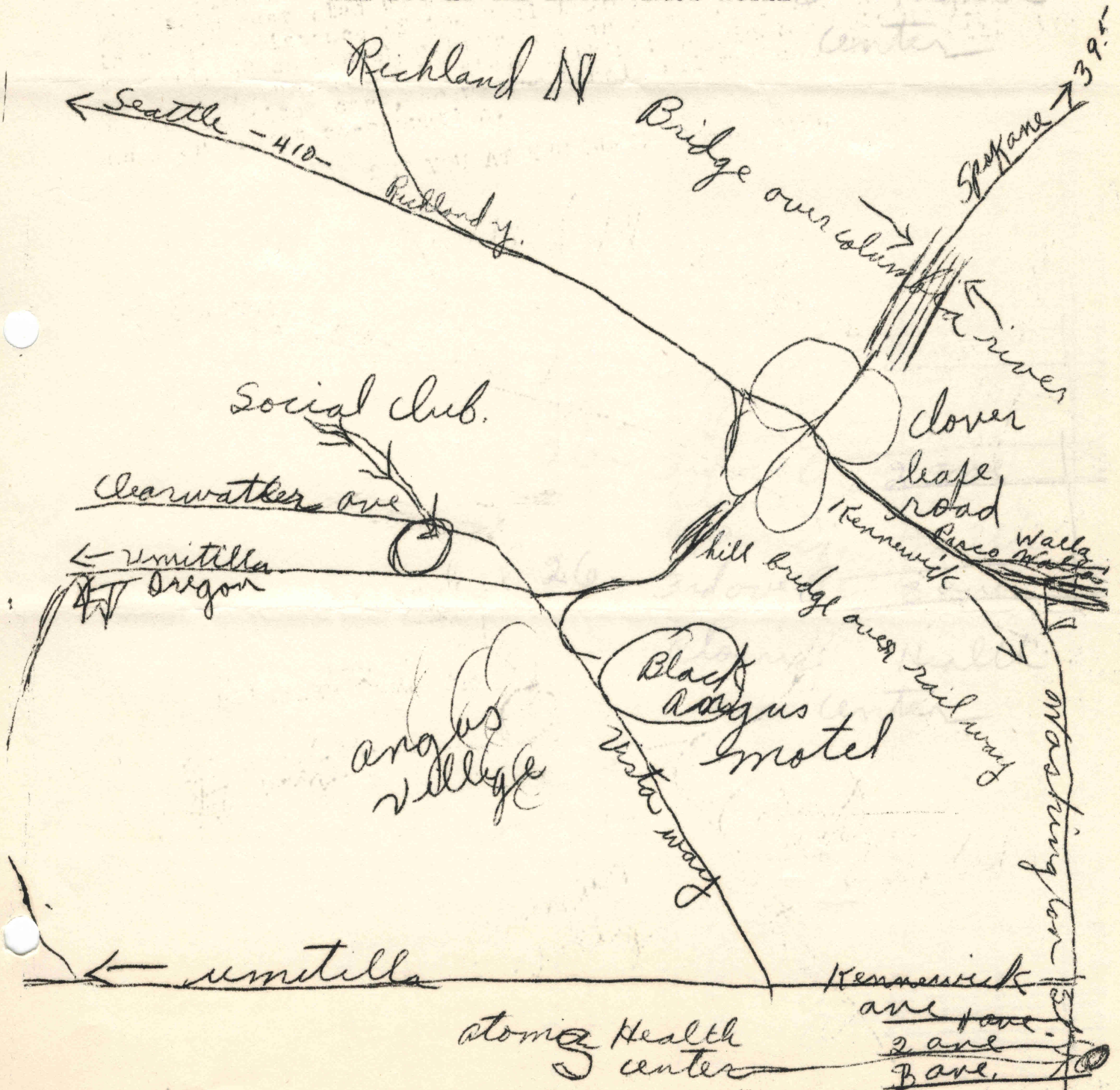
SWIMMING and DINNING

FORTY ROOMS

If you plan to stay at the Black Angus Motel please make your reservations early. We have about forty rooms promised us, so if you do not have reservations you may not be able to stay there. Those forty rooms can take care of our entire group if it is arranged right. They have several large rooms with twin beds, also a double and a single bed in one room. If you can arrange to do so please plan to share your room with someone else. If you don't have a car you must plan to stay at the Black Angus Motel, as it is within walking distance of the Social Club where the meetings are to be held, and so you should have your room reserved in advance.

There are several Motels within five minutes driving distance for those with cars, so we can handle all who come if you will give us your prompt co-operation.

SEE YOU AT THE BLACK ANGUS MOTEL



AN UNUSUAL EXPERIENCE
EITHER A MASSAGE OR COLONIC TECHNICIAN

By John A Murray R.M.

While practicing as a masseur and colonic technician, in Montana, seventeen or eighteen years ago, I had my office between a Medical Clinic and Beauty Salon. The beauty salon operators were my best advertisers. I had given one of them a series of colonic irrigations which had helped her. She sent me a young woman, thirty five years of age, who had fallen on the ice, while skating with her husband. An Osteopath had given her a treatment the following day, found nothing seriously wrong. A few days later she ran a temperature, with chills. She called a Medical Doctor, who went over her, Diagnosed; a case of flu and low in vitamin B1, which was administered by shot method. Finally she was up and around, but didn't feel good. She was constipated and laxatives caused severe gripping, without a satisfactory result. enema's were not satisfactory as very little solution would enter the colon and almost none came out. So the beauty operator told her to try me. She came in and I talked with her. She gave me this history also stating that she passed on menstrual period and was nearly past the time of the second period.

In beginning the administering of a colon irrigation, especially a new patient, I examine the anus and lower bowel with finger in rubber glove or rubber cot, to learn the condition of possible enlarged hemorrhoids, fissures, etc, (if a man I check the condition of the prostate). When I attempted to do this I found two obstructions, the coccyx was out of joint and turned in at right angles upon the colon. I carefully examined it, I could easily hold it between the index finger in the colon and the thumb on posterior side, I tested it for movability. It could be moved slightly without much pain. I put a little downward and outward pressure on it and it snapped into normal position like cracking a stick of candy, with a little sharp pain, then a more comfortable feeling. Next was an enlargement, soft and felt about the size of a grapefruit (a small one) I suspected a tumor. It could be moved up and down with the finger, but was resting on the anterior side of the sacrum, almost to the junction of the coccyx. I told her what I thought it might be and that I could be a little more sure by a vaginal examination. She gave permission. I could feel the width of this object and tried supporting it from below, by way of the vagina and pressing down on the abdomen just above the pubic bone. I was convinced by now that she had a uterine retroversion, as I could feel no cervix. I explained this to her. Her fears were for surgery. I explained that it was quite possible that this happened in the fall on the ice. I suggested she try the knee and chest position with buttocks elevated to see if gravity wouldn't help us. She did this, I used a vaginal speculum, to spread the vaginal canal, as this was done there was a violent contraction and a summer-sault of the uterus and there was the cervix bobbing up in the speculum. The cervix was enlarged and blue having the appearance of being strangled. The patient had some severe cramps for a few minutes, WE then proceeded with the irrigation with good results.

While dressing a few minutes later she asked for sanitary napkin and the flow was well on its way, thick, dark, and strong odor. The flow went on for three weeks, when everything became normal, I had a regular massage customer from then on. She told me that I had done more good than a thousand dollars worth of medicine or surgery.

O R E G O N N E W S!
(South of the Boarder; Down Oregon Way!)

Time for another sessions with the typewriter. Makes one stop and ponder just where the yesterdays went; before the tomorrows are here.

Like to call attention again to the Five State Convention to be held in Kennewick; Washington this coming June 7; 8; and 9th. Also to our 12th national convention; on Aug. 8, 9, 10, and 11th to be held at the Necho Allen Hotel in Pottsville; Pa. Everybody owes themselves a few days vacation once a year at least; so why not make it a point of business to lay off a few days and take in either one or both.

It has been assumed that all members have received their copy of the 1957 Year Book by now. This year book is for members only and not to be loaned out. To do so cheats out our advtisers.

Todate, I've received no news from S. B. 293 regarding the encroachment of the therapist in Portland to put us out of business. Also, I learn that S. B. 292 introduced by Committee of Public Heal the at the request of the Ore. St. Bd of Medical Examiners, lines 16 and 17 towit; (4) reads "Offer or undertake to diagnose; cure, or treat in any manner or by any means, methods, devices or instrument- alities any disease, illness deofrmities etc." Speaking of a closed union, this Bill sure has it. The Medics are going to make sure no other means of treatments, regardless of who does it, are going to stay in business with out first getting a prescription from a Doctor. And they call this a Free Country. Bushwah! I have my doubts as to how this B ill will ever get by since such a stink was made on the therapist Bill. However, we've got to get busy and fight this legis- lation or some day R. C. Reidel, special agent, will drop in and try to make you and I stop using a heating lamp on a patient. Even tho it is allowed in the Massage Act, still the Medics can pounce down and make us trouble. What a Life?

With Spring here, flowers and trees in blossom, it makes the grass look very green in other fields of endeavor; with all these 'don'ts' and 'Can'ts' coming up every two years. I am beginning to think that we should again put forth some legislation of our own and try to get our commission back, instead of being a step child' of the other healing arts.

May I remind you all again of the next meeting to be held at Elsie Sander's home 131 N. E. 139th St., May the 5th at 1:30 P.M. Everybody try and get out. We had a nice turn out last meeting and a lot of new business to transact. Be there! It's your own inter- est, not anyone else.

Signed,
C. A. Tyler, Pres. Ore.
Chapter

Appetite or Hunger, Which?

Ask Eugene A. Bergholtz M. D. in his book "Food-G uide."

There is a big difference between hunger and appetite. Very few adults experience true hunger. Everyone, however, knows what appetite is. Babies, not overfed, with normal digestion are governed by true hunger so long as they are kept on their natural mono diet.

Hunger is natural and is self limited. Appetite is artificial and cannot be appeased except by mechanical limitation of the size of the stomach.

Appetite is experienced in the mouth and stomach. Hunger is an organismal affair. The whole body takes part. One feels it all over.

Hunger exists only in a truly healthy body. Appetite is an abnormal irritation-sensation, a craving, produced by previously-eaten, abnormal, stimulating, appetite-arousing, unnatural foods and mixtures. Appetite results, in other words, from food-addiction, just as alcohol, tobacco, or drugs can bring about false appetites of another form.

Hunger is satisfied by fruit or greens. Appetite requires stimulation through prepared animal products, specially spiced, seasoned or sweetened starches and high protein foods to satisfy the gluttony that results. Appetite given only fruit will rebel for continued stimulation. However, if fruit or fasting is persisted in, it will be replaced by lack of appetite, nausea, furred tongue, headache, and other symptoms of elimination previously suppressed by too much eating.

When such habits of fasting, mucusless, raw, and fruit dieting are continued, finally a stage is arrived when cleansing is complete, symptoms are eliminated, the tongue no longer coated, and normal hunger is experienced. Thus it will most amazingly be discovered it requires very little food to give the necessary sustenance for continued normal functioning of the organism. No further gluttony for excessive, stimulating, unnatural foods will be found present. Normal, natural, wonderful hunger for normal, natural, wonderfully alive foods as Nature herself has prepared for her creatures for health, enjoyment in eating never before experienced, and longevity are the results!

The ultimate object then in any system of natural dietary reform let it be finally stated in this, that we wish to wean ourselves from the abnormal, appetite-stimulating foods and mixtures into a more natural fare through the gradual approach described in this text, eliminating thus abnormal, unnatural appetite to that of normal, natural hunger! This will not have been completely achieved until the tongue becomes thoroughly clean and remains thus even on a fast! The tongue is the mirror of the filth inside. Watch it and see the reflections of approaching health! There is your guide. This Food-Guide, intelligently used will lead you there, but you must do the acting. Come try, experience the amazing sensations of real health where you lose your continuous slavery to food and become master of yourself and your appetite. Then feel the true perfection that comes to him who lives outside himself for the benefit of his vocation and the welfare of other individuals. Such higher ideals come fully only to him whose food-partaking habits are governed not by abnormal cravings but a true, (how rarely-experienced!) natural hunger!